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FOR IMMEDIATE RELEASE

Stamp Out Smoking Encourages Arkansans To Quit Tobacco For Their Loved Ones

CITY, Ark. (Month date, 2011) – Valentine's Day only comes once a year; this year, Stamp Out Smoking encourages Arkansans to give the gift of health, and quit tobacco on February 14. A person who smokes isn't the only person harmed by tobacco; they also put their family and friends' health at risk. The Arkansas Tobacco Quitline makes it easier to become a smoke-free valentine by offering free, confidential, phone-based counseling.

According to the CDC, tobacco is the single most preventable cause of death in the United States with cigarette smoking and exposure to secondhand smoke causing one in five deaths every year. Arkansas is making great strides to reduce this statistic through the Quitline.

“Secondhand smoke contains more than 50 cancer-causing chemicals, and exposure has immediate harmful effects on the cardiovascular system,” said **Name, Title, Organization**. “This Valentine’s Day, quit tobacco for the ones you love.”

The Quitline is a statewide program available 24 hours a day, seven days a week. A Quit Coach® is assigned to help make a customized plan to quit smoking based on the specific needs of tobacco users. Quitline customers also have 24-hour access to Web Coach®, an online support resource offering social support, information and tools to quit. Free cessation medication is available while supplies last. Services are available in English, Spanish, Marshallese and more than 160 other languages.

Here, please put information about your organization and its mission and services. Also provide information about how people can contact you. Call 1-800-QUIT-NOW or visit **your organization’s website** for more information.

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